

Investing In The Health Of Children And Families

Improving Health Access

The Medi-Cal Outreach Program is a State funded program at Long Beach Health Department. The program is designed to provide information, referral, and application assistance to help eligible families in Long Beach receive Medi-Cal health care coverage. Families are also educated about sources of insurance



and low-cost medical care options.

Medi-Cal and Healthy Families are two types of health insurance for low-income and uninsured children from birth to 19 years who are citizens or legal residents. These forms of health care insurance provide comprehensive and primary care including doctor

visits, dental, vision, hospitalization, prescriptions, mental health, substance abuse, and medical tests.

Medi-Cal is available at no cost to qualifying individuals, while Healthy Families is available to families with slightly higher incomes than those eligible for Medi-Cal. The cost of Healthy Families is \$4.00 - \$9.00 per month per child with a maximum of \$27.00 per month per family.

The Health Department also offers a Perinatal Outreach and Education Program to assist women with obtaining early and regular prenatal care. The Health Department's staff will assist women to verify pregnancy, make appointments to initiate prenatal care, and arrange for delivery of the baby. Clients can apply on-site for Medi-Cal and will get assistance with the Medi-Cal application. Referrals to other services such as smoking cessation services and the Women, Infant, and Children (WIC) program are other components of the Health Department's Prenatal Outreach and Education Program. There is also a full-service Prenatal Clinic, including classes at the Health Department.

For more information on the Medi-Cal Outreach Program, please call the Health Department at 1-800-832-2307. Services are available in English and Spanish.

Public Health Services

(For a complete list of Health Department programs and services, call (562) 570-4000 or visit our web site at www.ci.long-beach.ca.us/health.)

Women, Infants and Children (WIC) • (562) 570-4242

Eligible low-income pregnant women, new mothers, infants, and young children can receive FREE supplemental foods through the WIC program. WIC also provides prenatal and postpartum nutrition counseling, breastfeeding support and referrals to health care. There are four WIC sites in Long Beach to serve those who qualify.

Immunizations • (562) 570-SHOT

The Immunization Program provides free or low cost pediatric immunizations for children up to age 18. Low cost travel immunizations are also available for all individuals.

Comprehensive Perinatal Services • (800) 832-2307

Comprehensive perinatal care is available for eligible women.

Child Health Disability Prevention • (562) 570-4226

Regular, preventive health assessments to identify any health problems are available to eligible children and youth. Health assessments include history, physical exams, lead screening, nutritional and developmental assessments, laboratory tests, and vision, hearing, and dental assessments. Referrals are provided for identified problems.

Family Planning Services • (562) 570-4171

Comprehensive family planning services including counseling, contraceptive services and follow-up are provided for low-income men and women.

Preventive Health Clinical Services • (562) 570-4315

Diagnosis and treatment of sexually transmitted diseases, and anonymous and confidential HIV antibody testing are offered at free or low cost on a walk-in basis. HIV positive clients may be provided with medical management, HIV health education and risk reduction counseling, psychosocial assessments, and case management services. Services are provided regardless of ability to pay.

Health Services for the Elderly • (562) 570-3531

Services include health assessments and screenings, risk reduction counseling, pap smears, foot care, vision and hearing screenings, and dental screenings. Services are provided at the Long Beach Senior Center or at selected community sites on the Senior Mobile Van.

City of Long Beach
Department of Health and Human Services
2525 Grand Avenue • Long Beach, California 90815
(562) 570-4000
www.ci.long-beach.ca.us/health

This information is available in an alternate format by request to Michael Johnson at (562) 570-4012.

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NATIONAL April 3-9, 2000 PUBLIC HEALTH WEEK

Healthy People In Healthy Communities



A Letter To The Community

Ronald R. Arias, MPA, was appointed to be the Director of the City of Long Beach Department of Health and Human Services in February 2000 after serving as the Manager of the Bureau of Public Health for the Health Department since December 1990. Mr. Arias' long-standing commitment to the Health Department and the Long Beach community is reflected through his many achievements.

Dear Long Beach Community Members,

As the new Director of the City of Long Beach Department of Health and Human Services, it is my goal to continue the Health Department's tradition as a positive force in the community, working to assure the good health of all Long Beach residents. The Health Department has many strengths to help continue this tradition, including a diverse and hard-working staff dedicated to meeting the community's needs. Additionally, the Health Department's collaboration with other public and private partners greatly increases our ability to respond to community identified priorities.

In a City where more than 60 languages are spoken among people of many cultures and backgrounds, focusing on the special needs of communities and community members within Long Beach is required to provide culturally appropriate health education and health promotion services, and to continue addressing the gaps in health care access. One Health Department project that I am very enthusiastic about, because it helps address these important linguistic and cultural issues, is the Family Health Education Center. With help from our partners in the community, the Family Health Education Center will be a place where individuals and families can attend multicultural and multilingual health education classes and meetings.

I expect to face many challenges during my service as the Health Department Director, but I am excited about the opportunity to expand the Health Department's role in the community and to have the Health Department recognized as a model service organization across the Nation. Through partnerships and alliances with community-based organizations, educators, health care providers, hospitals, policymakers, community members, and other City Departments, I am confident that the Health Department will achieve this vision.

During National Public Health Week, I invite you to find out more about the contributions public health and prevention services make to your well being. I look forward to working along with you to make Long Beach a better place to live, work and play!

Ronald R. Arias
Director

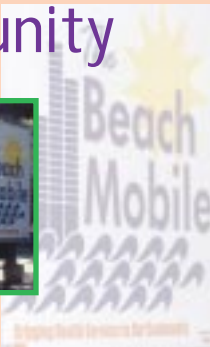


Public Health...

- Prevents epidemics and the spread of disease
- Protects against environmental hazards
- Prevents injuries
- Promotes and encourages healthy behaviors
- Responds to disasters and assists communities in recovery
- Assures the quality and accessibility of health services

Bringing Health Services To The Community

Have you seen our new "Beach Mobile"? The Beach Mobile is the Health Department's state-of-the-art mobile health facility. In the clinic-like setting of the Beach Mobile, various health services, including counseling and testing for sexually transmitted diseases, HIV and family planning services, are offered. The Beach Mobile visits various sites throughout the community to provide confidential services free of charge. Clients may also receive referrals to other needed services. For more information on the Beach Mobile, please call (562) 570-4315.



Prevention, The Ultimate Protection

Disease prevention is the primary goal of public health. The Health Department strives to achieve this goal through the delivery of services including health screenings, prenatal care, communicable disease surveillance and treatment, health education classes, and tobacco control programs.

A cornerstone of public health is the delivery of childhood immunizations. Immunizations are a series of shots needed to prevent the spread of dangerous diseases among children. Without immunizations at the right times, your child is at a greater risk of catching a variety of contagious diseases, may pose a disease threat to other children, and may not be able to attend school or childcare during disease outbreaks. Without immunizations, your child could catch diseases that cause high fever, coughing, choking, breathing problems, blindness, brain injury, and even death.

Children should be immunized against 12 diseases:

- polio
- diphtheria
- pertussis (whooping cough)
- tetanus
- measles
- mumps
- rubella
- varicella (chickenpox)
- haemophilus influenza b (hib)
- hepatitis B
- hepatitis A



Many parents think that children do not need immunizations until they are ready to enter school; however, that is not true. Children need to start their series of shots when they are babies. They should receive their immunizations at 2, 4, 6, 12 and 15 months of age. To receive immunizations, you can see your child's pediatrician or visit the Long Beach Health Department's Walk-In Clinic. At the Walk-In Clinic, your children can receive free or low cost immunizations. For more information call (562) 570-4222.



The Next Generation Of Animal Welfare

Representing a paradigm shift from existing models for animal shelters, adoption and humane programs, the spcaLA Companion Animal Village in Long Beach will be a model program of public and private collaboration between spcaLA and the City of Long Beach Department of Health and Human Services.

Instead of the noisy, unsightly kennels of traditional facilities, the Companion Animal Village's 6.5-acre site will be laid out like a village with open space and paths joining an anchoring ranch-style administration and education building with seven satellite cottages for adoptable and stray dogs. The site and design offer significant benefits -

- Convenient access and high visibility at the intersection of Spring Street and the San Gabriel (605) Freeway.
- Generous buffering open space to accommodate spacious design.
- An attractive natural setting adjacent to El Dorado Park, Long Beach's largest park.
- The squared design of the dogs' cottages and the freedom of the uncaged cat colonies will provide a calmer, quieter environment that greatly reduces stress for the animals and facilitates socialization to better prepare them for adoption.
- Animal-holding areas will provide maximum health protection, safety and comfort through the facility design and today's new low-maintenance, anti-microbial materials.
- Abundant natural lighting and maximum use of sunshine and fresh air will strengthen the immune systems of the animals.
- An attractive, clean smelling ambience will promote bonding between prospective owners and adoptable animals.

The new spcaLA Companion Animal Village will fully integrate spcaLA, Long Beach Animal Control staff, and all major program functions in one complex. For information on the new Companion Animal Village, or if you would like to contribute to the spcaLA in its efforts to construct the facility and prevent cruelty to animals, please call 1-888-spcaLA1.

Investing In The Future Of Public Health - The Family Health Education Center



The development of the Family Health Education Center is a response to Long Beach residents' identification of multicultural health issues as a top priority for the community. The vision has grown out of the community's request to address the needs of the underserved; specifically, assisting the multicultural and multilingual populations in accessing health care and education.

A comprehensive Family Health Education Center will decrease the barriers to receiving quality health care by providing multicultural and multilingual health education programs that build awareness, foster knowledge and, thereby, lead to healthier behaviors. With the primary goal being the promotion of healthy lifestyles for the entire community, the Family Health Education Center will provide a range of services that are culturally and linguistically appropriate including:

- health promotion and preventive health education services
- nutrition services and counseling for pregnant and parenting women
- community clinical services
- outreach and education to promote utilization of pediatric preventive services for low-income children
- services to enhance and strengthen family functioning
- state-of-the-art conference facility and resource center for community health education and promotion
- health insurance counseling and application assistance through Medi-Cal outreach

Simply, the Family Health Education Center will foster the health and well being of all Long Beach residents.

Through the creation of the Family Health Education Center, partnerships between the Health Department and the community will be strengthened, thus enabling the partners to better respond to the City's health and human service needs. This involves reducing culture and language barriers by providing linguistically appropriate programming in response to the public health needs of the underserved: the multiethnic, multilingual and low income populations. The Family Health Education Center will be designed to provide all residents, regardless of income status, the ability to access a wide range of quality services and will provide a forum for education on available resources and current health issues. Long Beach will be a healthier community by enriching the public health knowledge of our residents through access to the programs developed at the Family Health Education Center.

In the first effort to establish the Family Health Education Center, the Health Department sought and received the donation of a 13,500 square foot facility from Kaiser Permanente. The building requires extensive renovation and rehabilitation in order to be operational as the Family Health Education Center. On behalf of the residents of Long Beach, the Health Department is currently seeking funds to support the development of this multicultural community center. For more information on opportunities to support the development of the Family Health Education Center, please call (562) 570-4012.

Public Health Week Community Health Fair

Still wondering what public health does for you? Find out more by visiting the Health Department to receive free health screenings and information, giveaways, referrals, refreshments, and more!



Monday, April 3, 2000

10:00 am - 2:00 pm
Long Beach Department of Health and Human Services
2525 Grand Avenue
Long Beach, CA 90815
(562) 570-4000

Healthy Homes Initiative

The City of Long Beach Department of Health and Human Services is proud to be one of five sites nationwide recently awarded funding by the Federal Department of Housing and Urban Development to implement the Healthy Homes Initiative (HHI). The Long Beach HHI will provide a comprehensive, targeted, and coordinated array of services to prevent illness and injuries caused by housing-based hazards. Program efforts will include housing-based interventions coupled with education and public health nursing services. For more information on the HHI, call (562) 570-4145.

Health Department Walk-In Clinic Hours

- Monday and Friday: 8:00 am to 5:00 pm
- Tuesday and Thursday: 8:00 am to 6:00 pm
- Wednesday: 9:00 am to 5:00 pm
- 2nd and 4th Saturday of each month: 8:00 am - 12:00 pm (except holiday weekends)